




MOOD: 😊 full

MUSIC: Andrew Bird - Spare-Ohs



standuponit

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<https://standuponit.livejournal.com/2008-11-20> 11:38:00

If I eat the corned beef hash and fried eggs with fresh carrot juice, that's healthy, right?



This looks like a good idea.

...

This.

...

Little guy's not bad.

Gotta teach RHex to smear.

20 comments




 [adarad](#)

[November 20 2008, 17:01:00 UTC](#) [COLLAPSE](#)

Of course!

... Now I'm hungry. My oatmeal pales in comparison to your OMNOMishness.



 [standuponit](#)

[November 20 2008, 17:21:47 UTC](#) [COLLAPSE](#)

Best. Icon. Evar.

Oooo, I could have oatmeal for lunch. Mmm.



 [trollcatz](#)

[November 20 2008, 17:18:17 UTC](#) [COLLAPSE](#)

You know, I grew up thinking carrot juice was something people joked about, not something they drank. You've inverted my entire world view, drat you! (Especially when you did the adding-fresh-ginger thing.)




 [standuponit](#)

[November 20 2008, 17:19:42 UTC](#) [COLLAPSE](#)

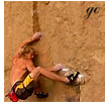
But my original question?




 [trollcatz](#)

[November 20 2008, 17:20:16 UTC](#)    [COLLAPSE](#)

Pooooooooor little arteries. 8>D




 [standupont](#)

[November 20 2008, 17:20:50 UTC](#)    [COLLAPSE](#)

What if I put garlic in it? That's good for cholesterol levels!



 [trollcatz](#)

[November 20 2008, 17:25:02 UTC](#)    [COLLAPSE](#)

If you smell like Gilroy during the Garlic Festival, you *may* have compensated. But it's not called garlicstatin, you know. \*g\*

On the other hand, reducing stress is crucial for the effective function of the circulatory system. And corned beef hash and eggs is one of the most effective comfort foods known.



 [standupont](#)

[November 20 2008, 17:29:20 UTC](#)    [COLLAPSE](#)

Also, I made my own corned beef hash (made it last night from leftovers from ~~braised~~ "boiled" dinner. Viva la Crock Pot.) So this has potatoes and carrots and garlic and onions and turnips and parsnips in it, in addition to the corned beef.

And. Er. Butter.

Ahem.



 [trollcatz](#)

[November 20 2008, 17:37:32 UTC](#)    [COLLAPSE](#)

I'm sure that "butter" was shorthand for "olive oil." \*g\*

Dude, this is a pretty good example of why, whenever the CDC does a study, they find that the more people cook from scratch the healthier they are. Canned corned beef hash fails the turnip test.



 [standupont](#)

[November 20 2008, 17:41:19 UTC](#)    [COLLAPSE](#)

Turnips! Yum!

And I would suspect that I do a better job of cleaning the fat off my corned beef than Hormel does, since I'm not really interested in making it weigh and bulk as much as I can for as little money as possible.


(Don't you always use "butter" as a shorthand for "olive oil"?)



 [themaskmaker](#)

[November 20 2008, 23:01:34 UTC](#) [COLLAPSE](#)

This is what I was gonna say. How food makes you feel emotionally is pretty important for your health, too.

 [standuponit](#)

[November 20 2008, 17:19:59 UTC](#) Edited: November 20 2008, 17:20:24 UTC [COLLAPSE](#)

Also, was the shocker that I drank it, or that it's goooood?



 [trollcatz](#)

[November 20 2008, 17:21:32 UTC](#) [COLLAPSE](#)

#1 first, then the second revelation. Now I have been known to *crave* the damned stuff.

 [standuponit](#)

[November 20 2008, 17:22:43 UTC](#) [COLLAPSE](#)

\*shares\*



 [trollcatz](#)

[November 20 2008, 17:26:39 UTC](#) [COLLAPSE](#)

<3 <3 <3 Drink your veggies! I'll help!

 [sprrwhwk](#)

[November 21 2008, 00:23:19 UTC](#) [COLLAPSE](#)

Adding ginger to *anything* can do nothing but improve it. Approximately linearly with quantity of ginger added.

(I love carrots, but carrot juice is... way too carroty for me. I must try it with ginger, though.)



 [themaskmaker](#)

[November 21 2008, 15:58:11 UTC](#) [COLLAPSE](#)

I am currently on a beet juice kick. Nom.



 [standuponit](#)

[November 21 2008, 17:13:52 UTC](#) [COLLAPSE](#)

I am intrigued by your ideas and wish to subscribe to your newsletter. Beet juice? What's it like?



[Grey's Newsletter of Random Intense Passions](#)

 [themaskmaker](#)


November 21 2008, 19:21:18 UTC    COLLAPSE

It has a very earthy, almost "meaty" flavor, with a bit of sweetness. If you've had roasted beets, think of that. I started by mixing it with other juices, like cranberry, but now I can drink it straight. It's definitely best without salt.

I started drinking it because it's a natural liver tonic. But now I lurv it for its own self.



**Re: Grey&#39;s Newsletter of Random Intense Passions**

 **standuponit**

November 21 2008, 20:06:49 UTC    COLLAPSE

Sold. \*g\*

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good idea.

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